DINNER

WEDNESDAY, NOVEMBER 19, 2025

MAPLE PECAN CHICKEN **②**



CALORIES 300

SODIUM 150mg

PROTEIN 22g

FAT 17g

CARBS 15g

CHOLESTEROL 105mg

FIBER 0g

CREOLE CASSEROLE (1)





CALORIES 267

SODIUM 750mg

PROTEIN 15g

FAT 15g

CARBS 18g

CHOLESTEROL 40mg

FIBER 2g

sesame

SPICY CHINESE EGGPLANT





CALORIES 200

SODIUM 427mg

PROTEIN 6g

FAT 6g

CARBS 30g

CHOLESTEROL 0mg

FIBER 4g

contains wheat

















